

Teachers Supporting Families Supporting Social Emotional Development

The growing acceptance of Social Emotional Learning as a key support to student success has been responded to by state and local administrators in the implementation of SEL standards within the school system. However, the absence of networked organizations from which families receive SEL support has further complicated their access to tools and

formative skills.

This issue of Capture the Core shares specific ways teachers can support families in their capacity around Self-Awareness, Self-Management, Social Awareness and Relationship building, and Responsible Decision-Making.

Note that this not an exhaustive list of resources, however, these are a few activities for families to practice building developmentally appropriate skills.

Tips and Activities were retrieved from:



www.parenttoolkit.com

Resource to share

SEL Standards [9-10](#) & [11-12](#)

Social Emotional Learning Standards (SEL)	
Goal 1: Develop self-awareness and self-management skills	
A. Identify and label emotions	Recognize thoughts and feelings, understand their relationship to behavior, and use strategies to regulate emotions.
B. Recognize personal qualities and interests	Set personal goals, strengths and identify areas for improvement.
C. Recognize and understand emotions in others	Recognize how emotions affect behavior and relationships.
D. Manage emotions to achieve goals	Apply strategies to regulate emotions, set personal goals, and monitor progress.
Goal 2: Develop social awareness and relationship skills	
A. Recognize the needs and emotions of others	Recognize social cues, understand social norms, and understand the consequences of social behavior.
B. Recognize and understand different perspectives	Understand the unique and negative effects of stereotyping and prejudice.
C. Set appropriate personal and social boundaries	Recognize and understand the unique and negative effects of stereotyping and prejudice.
D. Engage in group problem-solving and conflict resolution	Engage in group problem-solving and conflict resolution.
E. Practice respectful assertiveness and share with others	Practice respectful assertiveness and share with others.
F. Resolve conflicts and negotiate differences	Resolve conflicts and negotiate differences.
G. Seek and offer help and support	Seek and offer help and support.
Goal 3: Demonstrate responsible decision-making skills and responsible behaviors	
A. Consider ethical, safety, and legal choices	Recognize and understand the unique and negative effects of stereotyping and prejudice.
B. Evaluate consequences	Evaluate consequences.
C. Set personal and social boundaries	Set personal and social boundaries.
D. Engage in group problem-solving and conflict resolution	Engage in group problem-solving and conflict resolution.
E. Practice respectful assertiveness and share with others	Practice respectful assertiveness and share with others.
F. Resolve conflicts and negotiate differences	Resolve conflicts and negotiate differences.
G. Seek and offer help and support	Seek and offer help and support.

Grades 9-12

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Climate & Culture Action Network

2017-2018

Educator Community of Practice

[Details and Registration](#)

http://bit.ly/CCAN_CoFP_17_18



Self-Awareness

- ◆ Ensure that your youth has another trusted adult to share their feelings. Supporting their regular exploration and expression of emotions develops self-awareness.

Self-Management

- ◆ Model what you'd like your pre-teen and teen to choose regarding phone usage, screen time, reading, positive friendships, and self-esteem.

Social Awareness

- ◆ Practice respectful assertiveness and share with your child(ren) the reasons behind your words.
- ◆ Support self-developed and parent approved rules for social life.

Relationship Building

- ◆ Use resources to discuss the do's and don'ts of relationships.
- ◆ Discuss ways to handle jealousy and envy related to friendships.

Responsible Decision-Making

- ◆ Compliment your high-schooler's decision-making and support his/her choices as much as possible.
- ◆ Discuss and slowly release adult responsibilities with your teen, reviewing regularly on expectations and progress.

Parents' Guide to Social Emotional Checklist (sample items)

Model good behavior.	Follow through on your promises.
Have meaningful conversations with your child.	Take a moment to reflect and breathe when you are stressed or overwhelmed.